



The WELL Building Standard TM TM

- The WELL Building Standard TM TM marries best practices in design and construction with evidence-based health and wellness interventions.
- WELL is holistic and harnesses the built environment as a vehicle to support human health, wellbeing and comfort.
- WELL Certified[™] spaces and developments can lead to a built environment that helps to improve the nutrition, fitness, mood, sleep, comfort and performance of its occupants.
- WELL measures, verifies and monitors building features that impact health and wellbeing.











WELL at Sixty Martin Place

• The 60 Martin Place tower is targeting a Platinum WELL Building Standard TM Core & Shell Rating.

• This guide outlines the health and wellbeing features integrated into the project in order to achieve a Platinum level of wellbeing for building occupants.



LATINUM 2019



WELL Concepts

- The WELL Building Standard TM is made up of 100 features that address seven concepts.
 - 1. Air
 - 2. Water
 - 3. Nourishment
 - 4. Light
 - 5. Fitness
 - 6. Comfort
 - 7. Mind

Every feature is intended to address specific aspects of occupant health, comfort or knowledge.





- The WELL Building Standard TM for Air promotes clean air through reducing or minimizing the sources of indoor air pollution, requiring optimal indoor air quality to support the health well-being of building occupants.
- Key Initiatives Implemented for this category include:
 - Air Quality Standards
 - Air quality tests for VOCs, Particulates, Inorganic gases
 - Removal of outdoor air contaminants through a high level of air filtration
 - Increased Ventilation
 - Supply of outdoor air exceeds recommended standard
 - Moisture Management
 - Limiting the potential for bacteria and mould growth





- The WELL Building Standard TM for Water promotes safe and clean water through the implementation of proper filtration techniques and regular testing in order for building occupants to receive optimal quality of water for various uses.
- Key Initiatives Implemented for this category include:
 - Water Quality
 - Testing for: sediment, microorganisms, disinfectants, chlorine & fluoride levels, agricultural contaminants, organic contaminants & inorganic contaminants
 - Drinking Water Promotion
 - Testing for water taste properties



NOURISHMENT

- The WELL Building Standard TM for Nourishment requires the availability of fresh, wholesome foods, limits unhealthy ingredients and encourages better eating habits and food culture.
- Key Initiatives Implemented for this category include:
 - Processed Foods
 - Refined sugar restriction for all food offerings provided directly by the base building
 - Trans fat ban in all food offerings
 - Artificial Ingredients & Food Allergies
 - All food offerings labelled to indicate artificial ingredients & allergies
 - Nutritional Information
 - Total calories, macronutrient content, and total sugar content information available for all food offerings



LIGHT

- The WELL Building Standard TM for Light provides illumination guidelines that are aimed to minimize disruption to the body's circadian system, enhance productivity, support good sleep quality and provide appropriate visual acuity where needed.
- Key initiatives implemented for this category include:
 - Electric Light Glare Control
 - Lighting and surfaces designed to reduce eyesight fatigue
 - Solar Glare Control
 - Reduced glare through intelligent façade design
 - Use of internal blinds
 - Right To Light
 - Direct access to daylight and views by limiting the distance workstations can be from a window.



FINESS

- The WELL Building Standard TM for Fitness promotes the integration of physical activity into everyday life by providing the opportunities and support for an active lifestyle and discouraging sedentary behaviours
- Key Initiatives Implemented for this feature include:
 - Exterior Active Design
 - Integration of active design elements into the exterior of the project
 - Active Transportation Support
 - Provision of End of Trip facilities to support active commuting with lockers, showers and secured bicycle spaces.



COMFORT

- The WELL Building Standard TM for Comfort establishes requirements designed to create distraction-free, productive and comfortable indoor environments.
- Key Initiatives Implemented for this feature include:
 - ADA Accessible Design Standards
 - Design to accessible design standards
 - Acoustic Comfort
 - Reducing disruptions by limiting exterior noise intrusion and controlling internal noise
 - Thermal Comfort
 - Chilled beams & humidity control
 - Thermal modelling to inform design & improve comfortable working conditions





- The WELL Building Standard TM for Mind requires design, technology and treatment strategies designed to provide a physical environment that optimizes cognitive and emotional health.
- Key Initiatives Implemented for this feature include:
 - Health and Wellness Awareness
 - Digital Health and Wellness resource library
 - Integrative Design
 - Fostering a collaborative design development process to enhance sustainability and wellbeing goals
 - Beauty and Design
 - Provision of unique and culturally rich environments



